

Other ingredients: Hydroxypropyl methylcellulose (capsule), vegetable stearate, silica, and microcrystalline cellulose

Manufactured by: Douglas Laboratories
600 Boyce Road, Pittsburgh, PA 15205
www.douglaslabs.com 1.800.245.4440

Suggested Usage: As a dietary supplement, adults take 2 capsules daily or as directed by your health professional.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately

Warning: If you are pregnant or nursing, or if you are taking prescription medications, consult your health professional before using this supplement.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany. Ferronyl® Iron is a registered trademark of Ashland. Store in a cool, dry place. Use only if safety seal is intact.

Gluten-free, Non-GMO

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Formula # 201811 V3



Scan to learn about our manufacturing excellence

Prenatal Multivitamin/Mineral Formula

Dietary Supplement

Maternal health and wellness†



60 Vegetarian Capsules

Supplement Facts

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

	Amount Per Serving	%DV
Vitamin A (as natural beta-carotene)	1,500 mcg	167%
Vitamin C (as ascorbic acid)	80 mg	89%
Vitamin D ₃ (as cholecalciferol)	20 mcg (800 IU)	100%
Vitamin E (as d-alpha tocopheryl succinate)	33.5 mg	223%
Thiamine (as thiamine mononitrate)	1.5 mg	125%
Riboflavin	1.7 mg	131%
Niacinamide	20 mg	125%
Vitamin B ₆ (as pyridoxine HCl)	2 mg	118%
Folate (as Metafolin® L-5-MTHF)	1,333 mcg DFE (800 mcg L-5-MTHF)	333%
Vitamin B ₁₂ (as methylcobalamin)	10 mcg	417%
Biotin	300 mcg	1,000%
Pantothenic Acid (as calcium pantothenate)	10 mg	200%
Calcium (as calcium citrate)	150 mg	12%
Iron (Ferronyl® as iron carbonyl)	27 mg	150%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium citrate)	70 mg	17%
Zinc (as zinc citrate)	10 mg	91%
Selenium (as selenomethionine)	75 mcg	136%
Copper (as copper glycinate chelate)	1 mg	111%
Manganese (as manganese citrate)	1 mg	43%
Chromium (as chromium polynicotinate)	150 mcg	429%
Molybdenum (as molybdenum chelate)	75 mcg	167%

Lutein [from marigold [*Tagetes erecta*, flower]]

3 mg *

*Daily Value (DV) not established

3



7